timmediately gives you a violent in the temples or somewhere in the on of the eyes. Why is this? Did over stop to think? One who has lied the physiology of the one says it is caused in the following man. The frozen mixture coming in act with the serves of the thront larges, pharyon, etc.) temperatily slyues them. The committee in the sense in the sense of those

An admirable way to take the morn-ing bath by those who dread a daily

C. & W. M. and D., L. & F.

Half rates to all stations July 3 and 4, good to return the 5th. Also to Chicago Sunday night as well.

C. & W. M. and D., L. & N.

G. R. & I.

85.40 Chicago and return July 1. Train leaves Grand Rapids 8.00 a.m. and 11:20 p. m. Good for return until July 7.

Wait until July 1 for the Hale Method

for the painless tilling of teeth, Nos. 16 and 17 Wonderly block. Winans & Boorn, Dentista

Por Your Convenience.

Providing you live at Ottawa Beach or the Park, we will carry free on the morning train, packages of groceries, etc. of not over twenty-five pounds in

Chicago and best, via the C. & W. M., \$6.50, July L. Good seven days.

CHABLEVOIX.

Gan Dallaren G. P. A.

G. H. & I.

Special Excursions

Chiongo July Int.

For the great 4th of July demonst tion on the world's fair grounds the R. & I. will imme enoughou tickets Chicago and enturn for trains leave Grand Rapids at 8:00 a.m. and 11:20 m. Saturday, July 1, at rate of one fa 65:40, good for return on trains leave Chicago at 4:15 p. m. and 9:50 p. until Friday, July 7. These tickets a be good in regular consists only.

ARALER

GRAL

The northern react season is now pee and the G. R. & I. offers every acility for getting there.

TRAIN No. 8—Leaves Grand Rapids

TRAIN No. 5—Leaves Grand Rapids
7:20 a. m. daily, arrives Traverse City
1:25 p. m., Petostey and Bay View 3 p.
m., Mackinaw Island 5:10 p. m. Buffet
parlor and sleeping car attached. Dose
not rup to Traverse City on Bundaya.

TRAIN No. 7—Six hours only to Petoskey. Leaves Grand Rapids 1:20 p. m.,
except Sunday, arrives Traverse City
6:20 p. m., Petoskey 7:20, Mackinaw
Island 9:55 p. m. Parlor cars attached.
TRAIN No. 3—Leaves Grand Rapids
10:30 p. m., except Sunday, arrives Petoskey 5:35 a. m., Mackinaw Island 8:15 a.
m. Sleeping cars Grand Rapids to
Petoskey and Grand Rapids to Mackinaw City.

naw City.
TRAIN No. 1—Leaves Grand Rapids
4:15 p. m., arrives Cadillac 9:10.

The Lake Share & Michigan Southern Railway company will on June 28 and 29, sell excursion tickets to Cleveland and return at one fare for the round trip, good to return until July 3, inclu-

uced Rates for July Pourth on Lake Shore & Michigan South-

C. & W. M., \$5.40 Chicago and back,

PETOSKEY.

Sconic Trip via West Michigan. MORNING TRAIN, with parlor car, leaves 7:30, including Sundays, arrive Petoskey 3:45 p.m. NOON TRAIN, with parlor car, leaves at 1:40 week days and arrives Petoskey 8:50 p.m.

8:50 p.m. NIGHT TRAIN, with sleeper, leaves 11:15 p.m., except Sundays, arrives l'etookey 7:50 s.m.

plunge into cold water is recommended by an authority as follows:

Stand in hot water deep enough to cover the ankles, fill a basin with cold water and sponge the body off quickly.

Dry and rub vigorously and get into flannels before drying the feet.

It is the rubbing more than the water that is needed. Sponging off gives the excuse for the after rubbing, and the good result is gained. Half Rates to Cleveland For the Epworth League Convention, to be held at Cleveland from June 29 to July 2. The Lake Shore & Michigan Southern Railway company will sell excursion tickets to Cleveland and return on June 28 and 29, good to return until July 3, inclusive, at one fare for the round trip.

The famous "Police Patrol" Quartette, afternoon and evening, at North Park today.

That the otherwise beautiful girl should have such bud teeth. And all because she did not use SOZODONT. It costs so little to buy it considering the good it does, and its benefits stretch out into her future life. Poor girl! Chicago and back, via the C. &. W. M., \$5.40, July 1. Goodseven days.

The Business Men's Train.

Between Grand Rapide and Ottawa
Beach is now running, as in former
years, to best accommodate heads of
families and others who wish to spend
the night at the Beach or Park. Train
leaves here at 5:45 p. m., and leaves the
Beach at 7 a. m. Only an hour's run.
Commutation tickets good for 30 days,
are on sale at \$10 each.

Geo, Dellaves, G. P. A.

You want to do it under the most favorable conditions. Deal with a concern of reputation and standing, and one that has had experience in the markets, enabling them to give good advice. C. F. Van Winkle & Co., 227 La Salle street, Chicago, have been in business since 1879 and always past dollar for dollar. Their market reports are regarded as

CHICAGO WEST MICHIGAN,

The C. & W. M. will sell for the nightrain on the 2d and for all trains on the 3d and 4th to Chicago and return at on fare rate. All good to return the 5th.

I will sell the J. H. Tulip stack Ladies' and Misses Shoes at the folio-ing prices, to close them out, for o

The famous "Police Patrol" Quar-tette, afternoon and evening, at North Park today.

desver at Managal.

For above the D., G. H. & M. railway will sell excursion tickets to Montreal July 4 to 8, good for return until Reptember 15, at a very low rate of \$16.50 for the round trip, all rail. They will also make a rate of \$19.50 for the round trip, which will include taking the steamer down the St. Lawrence from Kingston to Montreal.

For full particulars apply at city ticket office, 23 Monrey street, or at the D. & M. depot.

JAS. CAMPURELL, City Agent.

The famous "Police Patrol" Quar-tette, afternoon and evening, at North Park today.

Preparing for a Reduction Sale.

Corl, Knott & Co. are about to take inventory, which will occupy a few days. When completed the firm anticipate offering some aplendid values in millinery. Ladies are invited to await future announcements.

Excursion tickets will be sold between all stations on G. R. & I. R. R. at one face for the round trip on July 3 and 4, good for return until July 5. From Grand Rapids tickets will also be sold to Chicago on above dates, and for train leaving Grand Rapids Bunday evening, July 2, at 11:20 p, m.

\$5.40 to Chicago and back, July 1, vi the West Michigan,

Buy Dullam's Great German 25 cent Cough Cure at Scribner & Aldworth's



Are guaranteed to cure Bilious Attacks, Sick-Headache, Le Grippe, Colds, Liver Complaint and Constipation. 40 in each bottle. Price 25 cents. Sold by druggists. Picture "7, 17, 70" and sample dose free. I.F. SMITH&CO. .- NEW YORK.

H. J. DE GOLIA

REAL ESTATE AGENT,

ROOMS S AND

TOWER BL'K. FOR SALE-HOUSES AND LOTS.

KNICKERBOCKER

NO. ST CANAL ST. PHONE 198

The Astra, organized in 1417, he a paid up expital of \$4,000,am.

Insurance and Loss Exchange,

Phoenix, Northern, Orient, Comme

GEORGE ROELOFS.

E. E. LAMOREAUX

GREEKL PRACES IN REAL ESTATE AND LOANS.

Currant and streets property a specialty to fine investments in Harvey Hambers sub-

WANTED.

FOR SALE Schoom power boiler for any cheep. John S. Martin, S Canal at. 10 FOR SALE-Hook, horses and harness sale. Here is a chance. John R. Har Canal street.

MISCELLAMEOUS.

A FEW DAYS ONLY.

MONEY LOANED for short time in la mail assemble to eary form of good gr. Frank A. Women. St. Electron to the control of the co

WANTED BOARDERS.

GOOD HOTEL-

N. W. NORTHROP

SPECIAL OFFERS ONE MONTH ONLY. Of Vacant lots, to trade for equity in first

\$4,500 House and let, on monthly pay

\$300 KACH. Your choice from twenty lots

IN HOUSES

\$400, monthly payments if desired

BARGAINS

TAYED FOR THE LOTTE BY A

WANTED-Two young non so travelly shoungs on commence. Apoly, give streams to Rendall, Hall & Co., wholesale stry, 190 Lake street, Chings. WANTED - Encryptic lady op-locality; old established in one pleasant and profitable. El-syturing Co., Cincinnati, O. WANTED-in every town to Mishing the apopte and passwances to handle action and boundedd apoptalties. Call, or dress with references, the Gravity Titles, company, I'll Griswald stress. Detroit, Ricch

TO GROCERS-Toung man. Scheecher with percent years' experience, wahte a tion; wholesale or retail; hest of references and a firmly of work. Address & R., but Heretel office.

FOR RENT-ROOMS.

WORLD'S PAIR-If you are lacking for de circular furnished recess mear ground defense for particulars Wm. R. Collins, C cerrace avenue.

OURNISHED rooms to rent; regular transient roomers solicised; central le on. Call at room 6, No. 13 Fearl street. 73-

L'OR RENT-Cottage at Ottown Beach the season. Eight rooms and good ! tion. If. M. Beynolds, corner Louis and C pas.

NOR BALE OR LEASE ON EASY TERMS
A hotel with furniture and first-class bar with complete fixtures attached; but of location in the city; possession gives at once. In quire room IS Norris building, Lyon street.

FOR RENT.—The four story and basement building, at No. 8 Peagl street, on long lease, to responsible party. Inquire of Z Clark Thoring; phone dit.

FOR SALE-MISCELLANEOUS. FOR SALE Bieyeles, cheap cash or un pay meuts. Second-hand Columbia, Victor Union and 1932 and 1833 (Dippers all prec matic tired. Grand Rapids Cycle company.com ner South Front and Butterworth avenue. 97

FOR SALE—13 furnished rooms, centrally lo cated. Cost to furnish \$1.300, Every room rented and \$1 steady buscelers. Reat only \$8 per month. Will sell for one week for \$750. A line chause for anyone who wishes to take boarders. Apply at once to W. R. Scribner, 16 Pearl st.

North Front steest. 251 mo

POR BALE Impaired health makes it importantly that I shall still my saloup and restaurant. It is one of the last properties in the city. To present who desire to properties, full perticular will be given on application. But morely current med not apply, I mean houseast and will give to the right man with houseast and will give to the right man with houseast and will give to the right man with houseast an option on the hout school and review reat in Grand Rapide. Address E.T.L., How

(A from comp.)

RARET D. Secreta, Bornete. and June D

the offers of the cold by the

ANIMARD MAIN BREMOIDERS THE THEN not deep enough. The fat must be smoking hot about 600 degrees Fahrenheit. Experience will soon teach a cook that the required temperature is reached when a bit of bread browns in a few seconds if placed in the lettle. A thin coating is thus made on appearance, and all the juices and flavors are kept within, the fat outside not being able to penetrate it.

chiefly to givern the play of the mouth. This great facial nerve sidetracks the pain which proceeds from the chill, throwing it out along the nerve branch which traverses the temple, the pain being most agentzing at the points where the nerves branches. If the irritation is extraordinary the "reflex" action which takes place may cause a violent pain in the eyebails as well as in the temple, the eye pain being simply sympathetic.

The person who rashly swallows great

The person who rashly swallows great contifuls of frezen milk should resember that every time it comes in consci with the nerves of the throat the thole nervous system is injured to a realer or less extent—St. Louis Repub-

Frying, Braising and Stewing.

The ordinary process of frying is rarely understood. Food is made greasy and often indigestible because the fat is not as hot as should be and the pan

The same practice should be followed ith builing, breiling and reasting. If he fire is eary hot at first, the abumen it the entire surface of the meat is enquisited, and the fluide are thus in lessed. The heat may then be graduallesseemed and the interior of the meat howed to casis more slowly. In braining and stowing the meat is received the liquier of vegetable or animal slows and cacked slowly in a veget, oth a cleasely detting cover to prevent reportation. The reason for this is some clearly understood when it is recembered that in making easip the eat is always to be put in cold water.

Not far from Oak Barr, Oce, a woman lately made a horoine of herself with her little gun in front of a child seeking



FORTY YEARS THE STANDARD.

The National Board of Health, Washington, D. C., in Bulletin-Supplement No. 6, page 33, places Dr. Price's Cream Baking Powder highest of all in leavening strength.

Prof. R. C. Kedzie, of the Michigan State Agricultural College, who personally superintended the examination, says:

"With the exception of Dr. PRECE'S CREAM BAKING POWDER, which is a cleanly, pure, wholesome compound, conforming with nature's own formulas of human diet, we found every sample mo : or less tainted."